



Senior News

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday
8 am– 5 pm

Holiday Closures:
May 30—Memorial Day

BULLETIN BOARD

26th Annual Senior Expo sponsored by:

Wednesday, March 9 * 9 am—12 pm



Come join us for a one-stop shop at the Community Center featuring over 60 vendors to provide you with the resources you'll need for staying healthy in your golden years!

Spice of Life Variety Show

Wednesday, March 16th at 2 p.m. and

Thursday, March 17th at 7 p.m.

Come see over 30 acts starring talented senior members of our very own community! Tickets are \$8 at the front desk and are also available at the Chandler Center for the Arts.

Upcoming Events...

- * Tuesday March 15 @ 10 am
- * Friday, April 8 at 10 am
- * Thursday, April 14th @ 1 pm
- * Thursday, May 5 at 10 am
- * Monday, May 9 at 10 am
- * Friday, May 13 at 10 am
- * Wednesday, May 25

Jeopardy Game in the multipurpose room
Price is Right in the multipurpose room
3 week Pool Tournament in the game room
Cinco de Mayo Party
Mother's Day Party
Wheel of Fortune in the multipurpose room
National Senior Health and Fitness Day!

Generations Prom
Monday, March 28 @ 6 pm
Chandler Gilbert Community College
Free

There will be dancing, snacks & drinks, and a photographer to capture memories to last a lifetime. Dress to impress! See page 5 for details.

Senior Spring Fling
Saturday, April 9, 11 am - 1 pm
Chandler Senior Center
Resident \$5 Non-Resident \$7

Please join us on a Saturday for a fun afternoon of great music, great dancing, great friends and great BBQ!

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Site Council

Let your voice be heard in Site Council!

President: Prannath Tikku, **Vice President:** Ann Moore

Treasurer: Bert Crockett, **Secretary:** Neil Bales

Members: Bill Bennet, Leonard Bhaerman, Thelma Brown, Betty Crawford, Dwayne Jacobs, Mary Jane Jakubowski, Bert Johanson, LaVerne Johanson, George Pace, Gloria Pino-Lugo, Bob Reichard, Ed Roberts, Mary Ann Ringmann, Nick Simiz, Wanda Shaulis, Fred Utter, Maretta Wood

Meetings are held in the lounge on the 3rd Monday of each month at 9:30 am.

SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Haws (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Nutrition Program provided by Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 082-2721

Community Outreach Specialist: Brianna Burrows (480) 503-6061

Senior News

March - May 2016

WEEKLY ACTIVITIES

MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm

TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Party Bridge 9 am
- Pinochle, Hand/Foot 12 pm
- Mah-Jong 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Hand/Foot 12 pm
- Pinochle 12 pm
- Bingo 12:15 pm
- Party Bridge 12 pm

THURSDAY

- Quilting 8:30 am
- Party Bridge, Crafts 9 am
- Food Box/Bread Distribution 10 am
- Pitch 12 pm
- Scrabble, Mexican Train Dominoes 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$7.50) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Party Bingo 12:15 pm

MONDAY-FRIDAY ACTIVITIES

- Koffee Klatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise and bridge)
- Lunch 11:30 am
- Mexican Train Dominoes 1:15 pm

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357.

Transportation: Dial a Ride 480-633-0101 ext. 4

Coupons for Cabs 480-962-7433

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Paty Iniguez with EMPACT at (480) 262-3550 for details and to make an appointment.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

Health Screenings: St. Luke's Hospital sponsors blood pressure readings for free the first Thursday of every month starting at 9 am.

AARP Smart Driver Course: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$15 for AARP members, and \$20 for non-AARP members. Sign up in advance!

Legal Consultations: Attorney Cami Pickett is available for 30-minute legal consultation sessions on March 23, April 20, and May 18 from 9 am through 11:30 am. Sign up at the front desk to secure an appointment!

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in March 23rd or May 25th at 10 am!

BMI Screenings: Gemini Hospice offers free Body Mass Index (BMI) and blood pressure screenings the third Thursday of every month starting at 9 am.

Computer Help: Andrea Grech and Uma Nagulapalli from My House In-Home Care are here to assist you on Thursday mornings from 8:30-10 am in the computer lab. Bring in any and all questions!

Night Life at the Senior Center! Bingo & BBQ

Residents: \$5, Non-residents: \$7
5:00 pm - 6:30 pm

Tuesday, March 29
Tuesday, April 26
Tuesday, May 24

We can never have too much bingo, so come out and play with us!

March - May 2016

CLASSES

BEGINNING/INTERMEDIATE WATER COLOR

Learn everything from how to apply the paint to composition and color. Experienced painters will improve their skills and learn new tricks. Students must bring their own supplies. Supply list available at the Senior Center.

Resident fee: \$63	Non-resident fee: \$86	
Tu 4/12-5/31	9:30 a.m.-12 p.m.	55 yrs+

COMPUTER BASIC-I

This class is for beginners to Windows 7 and Microsoft Word 2010. Instructions will include terminology, mouse movements, and creating and editing letters/documents.

Resident fee: \$41	Non-resident fee: \$56	Supply fee: \$15
W 3/2-4/6	9:30-11:30 a.m.	55 yrs+
W 4/13-5/18	9:30-11:30 a.m.	55 yrs+

EXCEL I: INTRO TO MICROSOFT EXCEL

This class provides an introduction to Microsoft Excel for beginners. Subjects include file manipulation, formatting, printing and templates. Learn how to use Excel to organize your work, finances and hobbies!

Resident fee: \$19	Non-resident fee: \$26	
W 3/16-4/13	5:30-6:30 p.m.	55 yrs+

FACEBOOK FOR BEGINNERS

Come learn how to use Facebook, a web application used for social networking. This is a one-day workshop for the very beginner with few computer skills.

Resident fee: \$9	Non-resident fee: \$12	
Th 4/21	7-9 p.m.	18 yrs+

INTRO TO ESSENTIAL OILS

This series covers the whole spectrum of essential oils. You'll receive a class topic outline on the first night. Come to one or all classes!

Resident fee: \$3	Non-resident fee: \$5	Supply fee: \$3
W 3/2/5/18	5:30 - 6:45 p.m.	18 yrs+

MEMORY KAFE

We are a team for "One Stop Resources": mobile doctors, home care, realtors, and much more. Come have a cup of coffee and let's interact.

Resident fee: \$3	Non-resident fee: \$5	
F 3/3	10-11 a.m.	55 yrs+
F 4/7	10-11 a.m.	55 yrs+
F 5/5	10-11 a.m.	55 yrs+

FAMILY MEMORIES WRITING CLASS

Using creative nonfiction techniques, write short vignettes to share with your children, grandchildren, and friends. Develop anecdotes that include humorous, sentimental, and cultural aspects of family life. Both beginner and advanced writers welcome!

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$10
M 3/7-3/28	10:30 a.m. - 12:30 p.m.	18 yrs+
M 4/4-4/25	10:30 a.m. - 12:30 p.m.	18 yrs+

LINE DANCE

It's not only fun, it's exercise for the mind and body! Come out, learn some new moves and dance!

Resident fee: \$16	Non-resident fee: \$22	
Tu 3/1-3/22	2-3 p.m.	55 yrs+
Tu 4/5-4/26	2-3 p.m.	55 yrs+
Tu 5/3-5/24	2-3 p.m.	55 yrs+

ADVANCED LINE DANCE

Know your line dances? Want to shake it up, learn harder ones and become a better dancer? Come on out and dance some more!

Resident fee: \$16	Non-resident fee: \$22	
F 3/4-3/25	2-3 p.m.	55 yrs+
F 4/1-4/22	2-3 p.m.	55 yrs+
F 5/6-5/27	2-3 p.m.	55 yrs+

MICROSOFT WORD

In this workshop, you will learn how to use the HOME menu bar and how to format text.

Resident fee: \$9	Non-resident fee: \$12	
Tu 4/5	7-9 p.m.	18 yrs+

MICROSOFT POWERPOINT

This workshop teaches all the basic features associated with PowerPoint 2010.

Resident fee: \$9	Non-resident fee: \$12	
W 4/12	7-9 p.m.	18 yrs+

PINTEREST FOR BEGINNERS

Learn how to use Pinterest, a web application with which you can collect, share, and use as an organizational tool.

Resident fee: \$9	Non-resident fee: \$12	
Tu 4/26	7-9 p.m.	18 yrs+

YOUTUBE FOR BEGINNERS

Learn the basics of YouTube, a web application used to store, upload and view videos.

Resident fee: \$9	Non-resident fee: \$12	
Tu 5/3	7-9 p.m.	18 yrs+

March - May 2016

CLASSES, CONTINUED

PASSPORT SPANISH

You're not looking to master the language, just know a little for that upcoming trip to (fill in with any Spanish-speaking country). Go ahead and pack; you'll be ready.

Resident fee: \$43	Non-resident fee: \$58	
Th 3/10-4/28	2:45-4:15 p.m.	55 yrs+

TAI CHI CH'UAN - NEW BEGINNERS

Just trying it out for the first time? Come learn a martial art exercise that will improve your stamina and strength! Wear comfortable, loose fitting clothing.

Resident fee: \$34	Non-resident fee: \$46	Supply fee: \$3
M/W 3/7-4/13	2:45-3:45 p.m.	55 yrs+
M/W 3/18-5/25	2:45-3:45 p.m.	55 yrs+

TAI CHI CH'UAN - INTERMEDIATE

Second level!

Resident fee: \$34	Non-resident fee: \$46	Supply fee: \$3
M/W 3/7-4/13	1:30-2:30 p.m.	55 yrs+
M/W 3/18-5/25	1:30-2:30 p.m.	55 yrs+

YOGA AND MEDITATION

Learn exercises to release tension from your mind and body. Learn to use these meditation techniques to gradually develop a special quality of health. Bring an exercise mat and towel.

Resident fee: \$28	Non-resident fee: \$37	
Th 3/10-4/28	11:30a.m.-12:30 p.m.	18 yrs+

MAINTAIN YOUTH AND BEAUTY

Learn how to tone and tighten your body's skin naturally. You will also learn how you can stay healthy, active and vibrant using natural products from your kitchen.

Resident fee: \$6	Non-resident fee: \$9	Supply fee: \$10
Tu 3/29	6-7 p.m.	55yrs+

ZUMBA GOLD

This class brings the exciting Latin and international dance rhythms from the original ZUMBA program to the active adult population! Come dance to get fit!

Resident fee: \$16	Non-resident fee: \$22	
Tu 3/8-3/29	10:00-11:00 a.m.	55 yrs+
Tu 4/5-4/26	10:00-11:00 a.m.	55 yrs+
Tu 5/3-5/24	10:00-11:00 a.m.	55 yrs+

Full class listing in Break Time Magazine

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want!?

Sign up at the Senior Center and come join us!
Transportation is provided and you pay your way!

March

Movie: March 1 - \$2 at Pollack Cinemas.
The movie will be chosen Feb 26
Lunch: March 23 - Chen's

April

Movie: April 5 - \$2 at Pollack Cinemas.
The movie will be chosen April 1
Lunch: April 13 - Fibber Magees

May

Movie: May 3 - \$2 at Pollack Cinemas.
The movie will be chosen April 29
Lunch: May 11 - Crust Simply Italian

Monthly Trips to the Casino

Wednesday, March 30

Cliff Castle Casino

Cost: \$20
Everyone gets \$25 in casino play!
Pick up at 7:45 am
Return between 4:30 and 5:00 pm

Wednesday, April 27

Wild Horse Pass or Lone Butte Casino

Cost: \$5
Pick up at 8:30 am
Return between 4:30 and 5:00 pm

Wednesday, May 25

Apache Gold Casino

Cost: \$20 cash registration
Everyone gets \$25 to start at the slots!
Pick up at 8:30 am
Return between 4:30 and 5:00 pm

All cancellations must be made 24 hours or more in advance to have money refunded to you or put on your account. All cancellations made less than 24 hours in advance will forfeit their fee. Please register at the front desk.

March - May 2016

ADVENTURES AND EXCURSIONS

****All cancellations must be made 3 business days in advance to receive a full refund. Less than 3 days notice will result in a 50% refund. No refund will be issued for cancellations made on the day of an excursion.**

Monday, March 7 - Glass Fusing Class

Cost: \$25 registration fee, \$34 non-residents

- Learn how fun glass fusing can be with an introductory workshop cutting and designing glass pendants. You will create two custom glass pendants using a variety of colors and textures. Design your pendants how you like and we will fire them in the kiln!
- Leave at 1:40 pm
- Return approximately 4:00 pm

Wednesday, March 23 - Spring Training

Cost: \$11 registration fee, \$15 non-residents

- Spring training season is in full swing - let's make sure we get to at least one game! Come see the Arizona Diamondbacks take on the Giants. Event sponsored by the Chandler Site Council.
- Leave at 12:15 pm
- Return approximately 5:00 pm

Monday, March 28 - Generations Prom

Cost: FREE

- Gilbert Senior Center, Chandler Gilbert Community College and Chandler Senior Center are putting on a Generation Prom at the Gilbert Senior Center! There will be snacks, drinks, and a photographer to make memories to keep. Dress to impress!
- Leave at 5:45 pm
- Return approximately 8:20 pm

Thursday, March 31 - Tlaquepaque Visit and Lunch - Sedona, AZ

Cost: \$5 registration fee, \$7 non-residents

- Come enjoy the enchanting Arts & Crafts Village of Tlaquepaque! Bring money for lunch and souvenirs as you explore the four restaurants, many shops and art galleries. Walking around is an adventure in discovery. We'll spend three hours experiencing the beauty of this Village of Sedona.
- Leave at 9:00 am
- Return approximately 5:00 pm

Saturday, April 2 - Luke AFB Airshow

Cost: \$3 registration fee, \$5 non-residents

- Bring a lawn chair and your walking shoes to view the amazing aerobatics at the annual Luke Air Force Base Airshow. You will not want to miss this!
- Leave at 7:00 am
- Return approximately 12:00 pm

Wednesday, April 13 - Maricopa County Fair

Cost: \$3 registration fee, \$5 non-residents

- Have a grand time at the County Fair! There will be lots of great vendors, food and entertainment to enjoy. We'll wander around for three hours of fun!
- Leave at 11:30 am
- Return approximately 4:00 pm

Friday, April 29 - Alcantara Vineyards-Cottonwood

Cost: \$25 registration fee, \$34 non-residents

- Travel with us to Cottonwood for wine tasting and a tour of the beautiful Alcantara Vineyards. We'll provide lunch on the bus from Jason's Deli, so just let us know your bread, meat, and dessert preference when you sign up!
- Leave at 8:30 am
- Return approximately 4:30 pm

Saturday, May 7 - The Diary of Anne Frank at Hale Theater

Cost: \$23 registration fee, \$32 non-residents

- Anne Frank was a Jewish girl in hiding during the Nazi occupation of Amsterdam in WWII. This is a story of courage, hope, and the triumph of the human spirit. This is a fantastic production!
- Leave 2:15 pm
- Return approximately 5:30 pm

Saturday, May 14 - Escape the Room!

Cost: \$33 registration fee, \$45 non-residents

- Welcome to the Old West. The challenge for you and 11 of your accomplices is to "rob a bank" and get out with all the loot in less than 60 minutes. Work together to find hidden objects, figure out the clues and solve the puzzles to earn your freedom and Escape the Room. Conjure up your best Billy the Kid and good luck!
- Leave at 1:00 pm
- Return approximately 4:00 pm

March 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 TBD - \$2 movie	2 10 am - Hearing Checks with Red Connect Hearing	3 9 am - Blood Pressure Checks 9 am - Crafts with Juanita 10 am - Mindfulness Groups	4 10 am - Creating Cards with Heather 1:30 pm - Sexual Health MEN only with HIV Southwest	5 7:15 - Ostrich Festival 5k
6	7 1:30 pm - Menu Meeting@ Gilbert 1:30 pm - Healthy Living Class	8 10 am - Carl Nyberg	9 9 am - 26th Annual Senior Expo 1:30 pm - Rummikub Group	10 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Mindfulness Groups	11 10 am - Jai Mitchell 1:30 pm - Sexual Health WOMEN only with HIV Southwest	12
13	14 9 am - Benefits Assistance 1:30 pm - Healthy Living Class	15 10 am - Jeopardy	16 2 pm - Spice of Life Variety Show	17 St Patrick's Day 9 am - BMI Checks w/ Gemini 9 am - Crafts with Juanita 9 am - Tai Chi Qigong 10 am - Mindfulness Groups 1 p, - AARP Safe Driver 7 pm - Spice of Life Show	18 10 am - Bob Doszak 12 pm - Site Council Afternoon Meet & Greet	19
20	21 9:30 am - Site Council Meeting 12 pm - Site Council Morning Meet & Greet 1:30 pm - Healthy Living Class	22 10 am Music with MJ Moore	23 9 am - CGCC Health Fair 9 am - Legal Consultations 11 am - Lunch at Chen's	24 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Mindfulness Groups 1:15 pm - Movie in the lounge	25 Good Friday 10 am - Singing with Ralph	26
27	28 10 am - David Keller 1:30 pm - Healthy Living Class 6 pm- Generations Prom	29 5 pm - Bingo and BBQ	30 8:15 am Cliff Castle Casino 10 am - MedAssure	31 9 am - Tai Chi Qigong 10 am - Mindfulness Groups		

April 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 am - Creating Cards with Heather	2 7 am - Luke AFB Airshow
3	4 10 am - Jay Farris 1:30 pm - Healthy Living Class	5 TBD - \$2 movie at Tempe Pollack Cinemas	6 10 am - Hospice of the Valley: Hospice & Palliative Care	7 9 am - Blood Pressure Checks 9 am - Crafts with Juanita 10 am - Mindfulness Groups 9:30 am - Tai Chi Qigong	8 10 am - Price is Right	9 11 am - 1 pm - Spring Fling Celebration & BBQ
10	11 9 am - Benefits Assistance 10 am - Carlotta Wheeler	12 10 am - CMC: Paying for the Cost of Memory Care	13 11 am - Out to Lunch: Fibber Magees 11:30 am - Maricopa County Fair 1:30 pm - Rummikub Group	14 9 am - Crafts with Wanda 10 am - Mindfulness Groups 9:30 am - Tai Chi Qigong 1 pm - Pool Tourney Day 1	15	16
17	18 9:30 am - Site Council 10 am - Dallas West	19 10 am - Hospice of the Valley: How to talk to your doctor	20 9 am - Legal Consultations	21 9 am - BMI and Blood Pressure 9 am - Crafts with Juanita 10 am - Mindfulness Groups 1 pm - Pool Tourney Day 2 1 pm - AARP Safe Driver 1:15 - Movie in the lounge	22 10 am - Singing with Ralph	23
24	25	26 5 pm - Bingo and BBQ	27	28 9 am - Crafts with Wanda 10 am - Mindfulness Groups 1 pm - Pool Tourney Day 3	29 8 am—Alcantara Wine Tasking outing 10 am - Jai Mitchell	30

May 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10 am - Looney Tuners	3 TBD - \$2 movie at Tempe	4 10 am - Hospice of the Valley: Living with Chronic Diseases	5 9 am - Blood Pressure 9 am - Crafts with Juanita 9 am - Tai Chi Qigong 10 am - Cinco De Mayo Party 10 am - Mariachis	6 10 am - Creating Cards with Heather	7 2 pm - Hale Centre Theatre
8	9 9 am - Benefits Assistance 10 am - Mother's Day Party	10 10 am - CMC: Keeping your loved one with dementia safe	11 1:30 pm - Rummikub Group	12 9 am - Crafts with Wanda 9 am - Tai Chi Qigong	13 10 am - Wheel of Fortune	14
15	16	17 10 am - MJ Moore	18 9 am - Legal Consultations 11 am - Out to Lunch: Crust Simply Italian	19 9 am - BMI and Blood Pressure 9 am - Crafts with Juanita 9 am - Tai Chi Qigong 1 pm- AARP Safe Driver 1:15 - Movie in the lounge	20 10 am - Hospice of the Valley: Care for the Caregiver	21
22	23 9:30 am - Site Council 10 am - David Keller	24 5 pm - Bingo and BBQ	25 10 am - MedAssure Apache Gold Casino Trip National Senior Health and Fitness Day!	26 9 am - Crafts with Wanda 9 am - Tai Chi Qigong	27 10 am - Singing with Ralph	28
29	30 CLOSED IN HONOR OF MEMORIAL DAY	31 10 am - Carl Nyberg				



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



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"Read All About Us!"



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